

# Celebrate National School Breakfast Week! March 7-11, 2022

It's a great time  
to try out  
school breakfast!

**PARENTS: Did you know?**  
Your child can super  
charge with healthy  
breakfast options  
at school!

# TAKE OFF

## WITH SCHOOL BREAKFAST

Studies show that students who eat school breakfast are more likely to:

✓ Reach higher levels  
of achievement in  
reading and math

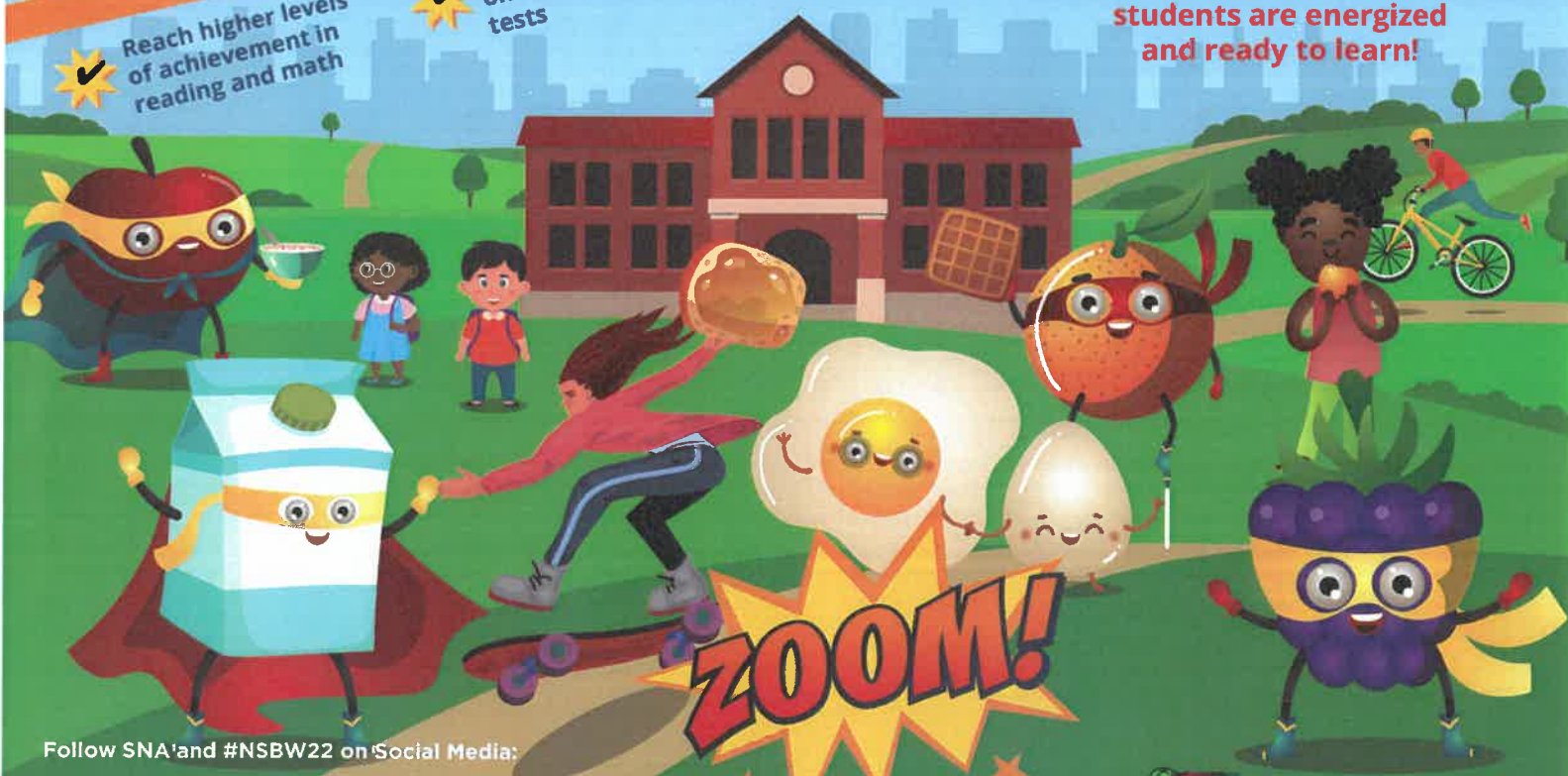
✓ Score higher  
on standardized  
tests

✓ Have better  
concentration  
and memory

✓ Be more  
alert

✓ Maintain a  
healthy weight

A nutritious breakfast at the start  
of the day is a great way to ensure  
students are energized  
and ready to learn!



Follow SNA and #NSBW22 on Social Media:



NSBW resources  
are made possible by:

